

ABSTRAK

Penyakit degeneratif, termasuk hipertensi, yang biasa ditemui pada usia lanjut telah mulai banyak ditemui pada kelompok usia muda 15-17 tahun (8,3%). Asupan natrium dan gaya hidup tidak sehat dianggap dapat meningkatkan tekanan darah. Masyarakat pesisir merupakan golongan masyarakat yang memungkinkan memiliki pola konsumsi tinggi kadar garam. Penelitian ini dilakukan untuk mengetahui pola konsumsi dan gaya hidup penderita hipertensi di usia muda pada masyarakat pesisir Lamongan.

Penelitian ini merupakan penelitian observasional analitik yang bersifat *cross sectional*. Pengambilan sampel dilakukan dengan metode *simple random sampling*. Variable bebas penelitian adalah karakteristik responden, pola konsumsi, dan gaya hidup.

Hasil penelitian tidak menunjukkan hubungan pola konsumsi dengan kejadian hipertensi usia muda di pesisir Lamongan. Konsumsi energi ($p=0,614$), protein ($p=0,211$), konsumsi natrium ($p=0,581$). Keseluruhan responden mengkonsumsi kalsium dan kalium dalam jumlah defisit. Tidak terdapat hubungan gaya hidup dengan kejadian hipertensi usia muda di daerah pesisir Lamongan. Riwayat merokok di masa lalu ($p=0,474$), riwayat mengkonsumsi kopi ($p=0,405$), beban aktifitas ($p=0,947$), kebiasaan berolah raga ($p=1,000$), dan tidak ada yang mengkonsumsi alkohol.

Kesimpulan yang dapat ditarik adalah tidak ada hubungan pola konsumsi dan gaya hidup dengan tahap hipertensi pada usia muda di pesisir Lamongan, namun konsumsi natrium melebihi kecukupan.

Kata kunci : hipertensi, masyarakat pesisir, natrium, kopi, rokok, aktifitas

ABSTRACT

Degenerative disease, include hypertension, that usually happened on old age, nowadays has found on young age for 15 – 17 years old (8,3%). Consumption of salt and indisposed life style are regarded to improve blood pressure. The society on the coastal area represent the conducive society that have a consumption pattern bearing high salt. The objective of the study was to estimate consumption pattern and life style among the patient of hypertension on young age (≤ 45 years) on coastal area society of Lamongan.

This was analytic observational research with cross sectional study. Taking of sample were conducted with simple random sampling. Independent variable of this research are respondents characteristic, consumption pattern, and life style.

The result of this research shows that there were no correlation within consumption pattern with stage of hypertension on young age on coastal area. Consumption of energy ($p=0,614$), consumption of protein ($p=0,211$), consumption of sodium ($p=0,581$). All of respondents consumed less of calcium and potassium. There were no correlation within life style and stage of hypertension on young age on coastal area. History of smoking in the past ($p=0,474$), history of consuming coffee in the past ($p=0,405$), burden of activity ($p=0,947$), habit of sport ($p=1,000$), and there was no respondents that consuming alcohol.

The conclusion is there were no correlation within consumption pattern and life style with stage of hypertension on young age on coastal area. But the consumption of sodium was more than adequate amount.

Key words : hypertension, coastal society, sodium, coffee, smoke, activity